

# Welcome to Ellicott City 50+ Center



July - August 2015

## Renovations Near Completion

**Mark your Calendar for Ribbon Cutting:  
Thursday, September 17 at 11 am**

**9401 Frederick Road  
Ellicott City, MD 21042**

Front Desk:

**410-313-1400**

Fitness Center:

**410-313-0727**

**Hours:**

**Monday - Friday  
8:30 am - 4:30 pm**

**Email:**

[ecsc@howardcountymd.gov](mailto:ecsc@howardcountymd.gov)

**Newsletters:**

[www.howardcountyaging.org/50pluscenters](http://www.howardcountyaging.org/50pluscenters)

**Facebook:**

[www.facebook.com/HoCoCitizen](http://www.facebook.com/HoCoCitizen)

### Get Our Newsletter Electronically!

Stay informed and up to date by getting upcoming program information right from your home computer. Sign up at the Front Desk to be added to the Ellicott City Senior Center Newsletter Email Distribution List.

**New Procedure:** When visiting the Center, we will soon be asking to scan your membership card. This procedure replaces signing in at the podium and helps us track attendance.

It won't be long before renovations are complete and the Ellicott City 50+ Center will be operating at full capacity with two buildings open for programs, services and activities.

To mark the "official" opening of this newly improved and expanded facility, a Ribbon Cutting Ceremony is being planned for Thursday morning, September 17 at 11 am. An informal reception will follow

that includes an Open House for both buildings. If you would like to join us for lunch that day, be sure to sign up at the Front Desk by September 10.

The staff would like to take this opportunity to thank everyone for their patience during the past few months. We sincerely hope you will join us in celebrating the transformation of the Ellicott City 50+ Center.

**The Howard County Garden Club Presents:**

## America is Beautiful

**Friday, September 11 from 11 am - 3:30 pm**

The flower show and sale are free of charge and open to the public. A delicious luncheon is being planned in conjunction with the flower show. Luncheon tickets go on sale Monday, August 3 for \$10. The menu includes chicken salad, potato salad, fresh fruit, dessert and drink.

***Seating is limited.  
Luncheon tickets will be  
available at the Front Desk.***



# General Information

## Meet the Staff

<b>Director</b>	Cindy Saathoff
<b>Assistant Director</b>	Vicki Stahly
<b>Admin/Receptionist</b>	Gigi Rammling
<b>Nutrition Specialist</b>	Jodi Bargamian
<b>Fiscal Technician</b>	David Irwin
<b>Utility Worker</b>	Dominick Collins
<b>Building Attendant</b>	Sam Stahly
<b>Plus Director</b>	Felicia Stein
<b>Plus Asst Director</b>	Joyce Nagel-Mortell
<b>Plus Program Asst</b>	Alyson Olmstead
<b>Plus Program Asst</b>	Margaret Fries

## Senior Center Plus Program

Senior Center Plus operations will resume at Ellicott City 50+ Center within the next month. This is a supervised four-hour social program for older adults. The program is designed to support the continued independence of older individuals with therapeutic programs and services. Lunch is provided. For more information about this service program call the Plus Program at **410-313-1425**.

## Meet the EC 50+ Council

<b>President</b>	Nancy Cudmore
<b>Vice President</b>	Diane Waslick
<b>Secretary</b>	Dorothy Biller
<b>Treasurer</b>	Tom Potter
<b>Members at Large</b>	Sylvia Barron
Leo Bianco	Teddy Clarke
Denise Giffin	Randy Hetzel
Anne Kaiser	Andrew Liro
Marian O'Byrne	Isobel Schum
<b>Member Emeritus</b>	Velva Howard

**Next Center Council meeting is  
August 10 at 1 pm.  
All are welcome.**

## Navigating the Center

### LUNCH PROGRAM

During building renovation, lunch will not be served at Ellicott City 50+ Center. You are more than welcome to enjoy lunch at a nearby Howard County 50+ Center. Please contact the Center directly to place your reservation.



Bain Center **410-313-7213**  
Glenwood 50+ Center **410-313-5440**  
Elkridge 50+ Center **410-313-5192**

Meals are available for persons 60 years and older, and their spouses, regardless of age. Voluntary anonymous contributions are requested from eligible participants. Please contribute generously to ensure the continued viability of this program. The full cost of a regular meal is \$4.10 and \$5.39 for special meals.

### SIGN-UP & PAYMENT FOR CLASSES

The Front Desk is open for transactions between 8:30 am and 4 pm. Payments can be made via cash, credit card or a check made payable to **Howard County Director of Finance**. Online registration can be done at the ActiveNet website: <http://apm.activecommunities.com/howardcounty>.

We recognize that there are times when you may need to withdraw from a class. At a minimum, all refund requests are subject to a 20% administrative fee and there are no refunds for missed sessions. Additional fees may be assessed to recover costs associated with the program.

### TRANSPORTATION

Transportation is available to the Center through Regional Transit/RTA Ride. Riders must be certified. For certification, reservations and cancellations please call the Customer Service Line at **1-800-270-9553** and select option 3 for "paratransit and RTA Ride service". Visit their website at [www.transitRTA.com](http://www.transitRTA.com).

# Services and Programs

## **\*Please Note\***

Ellicott City 50+ Center membership is required to attend or register for any class, program or activity. Membership is free and the application is quick and easy. For additional information stop by the Front Desk or call **410-313-1400**.

## **Maryland Access Point (MAP)**

**Friday**

**July 10 & August 14**

**10 am - 12 noon**

**Jill Kamenetz**, MAP Specialist, will be available at the Center, by appointment on selected Fridays, to help with homeowners and rental tax credit paperwork. She is also available to help with information, referrals for assessments or general information about Office on Aging programs. Make an appointment by calling the Maryland Access Point office at **410-313-5980**.

## **State Health Insurance Assistance Program (SHIP)**

**Appointments**

**Wednesday 9 am or 10:30 am**

**Thursday 1 pm or 2:30 pm**

Meet with a trained volunteer for confidential assistance with health insurance concerns.

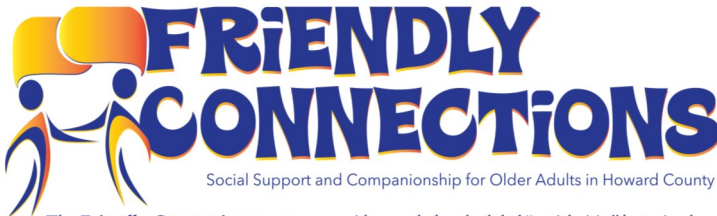
This is a free service.

For a SHIP appointment at the Ellicott City 50+ Center, please call **410-313-1400**.



LOCAL HELP FOR PEOPLE WITH MEDICARE

## **HELP WANTED! Participate in Our Newest Program!**



The **Friendly Connections** program provides regularly scheduled "social visits" by trained volunteers to support older adults (age 50+) in the community who are in need of support and friendship. Training is provided and you set limits that are comfortable for YOU!

Please consider being part of this great new program!



All **Friendly Connections** volunteers will be screened and matched with an appropriate participant, and will receive training and support from Office on Aging staff. Shared activities may include one-on-one conversations, friendly phone calls, playing cards or games, sharing a book, taking a walk, sitting outside, listening to music, hobbies and crafts.

**Being a Friendly Connections volunteer is a privilege and your commitment will help to strengthen the Howard County community!**

For more information, to enroll in the **Friendly Connections Program** or become a volunteer please contact Maryland Access Point (MAP) of Howard County:



**Howard County Office on Aging**  
6751 Columbia Gateway Dr., Columbia, MD 21046  
**410-313-5980 (VOICE/RELAY) • map@howardcountymd.gov**

## **Ask the Pharmacist**

**Monday, July 27**

**Monday, August 24**

**11 am**

Don Hamilton, P.D., Consultant Pharmacist, will provide updates and important information concerning your medications. Please bring your questions, your drug lists, or your prescription containers to confidentially discuss any of your current medication concerns.

## **Blood Pressure Screenings**

**Tuesdays**

**9 am - 12 noon**

Understanding high blood pressure and knowing how to manage it is an important part of maintaining your health. Don't pass up this opportunity to have your blood pressure checked to avoid serious health conditions.

*Sponsored by Howard County General Hospital.*

## **Americans with Disabilities Act Accommodations**

To request this document in an alternate format, or to request accommodations to participate in a program/event, please contact the Center at **410-313-1400** at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.



# Campus Construction Update

## Ellicott City 50+ Fitness Center Open and Active!

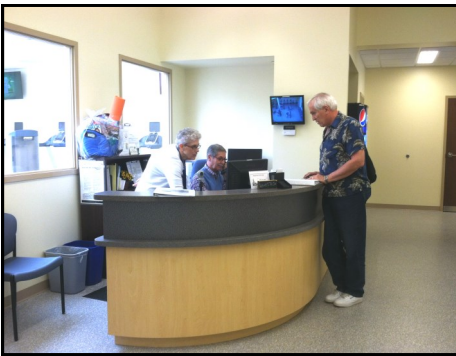
Our long awaited and highly anticipated Fitness Center is complete. Center members are encouraged to stop in and take a look around the spacious lobby, reception area, classroom, group exercise room and equipment room.

With the opening of the Fitness Center, all operations in the current Ellicott City 50+ Center have temporarily shifted into the new Fitness Center (See the temporary schedule on pages 10-11). This is allowing the original building to be closed for renovations which includes new flooring,

a reconfigured front door design, maximized space for the Plus Program and porch railings.

Please be assured that all programs, including the Lunch Program, will resume once renovations are complete and both buildings are operational. We anticipate that we will be operating at full capacity by the end of summer.

We apologize for the disruption and we anxiously await the opportunity to serve everyone in a new facility that will be two buildings strong! If you have any questions regarding the renovations, please feel free to talk to a staff member.



*Front Desk reception area*



*Classroom*



*Exercise Room*

### **Fitness Center Fees**

#### **Equipment Room INTRODUCTORY RATE Monthly Pass**

\$10 County Resident

\$15 Non Resident

\$5 Daily Drop-In

#### **Group Exercise Quarterly Passes For Classes Starting September 8**

\$125 For 3 Month Pass

\$5 Drop-In Per Class

Equipment Room passes are now on sale! Participants must be 50 years of age and a member of a Howard County 50+ Center. Small group orientations are held for those interested in learning how to use the fitness equipment. The orientation is free but space is

limited. Sign up at the Fitness Center Front Desk. Be on the lookout for group exercise passes to go on sale, which will give you unlimited access to 14 weekly designated exercise classes in the Fitness Center this Fall.

***Please be advised that you should check with your physician before beginning any exercise program.***



*Equipment Room*



# July/August Events

**New Time!**  
**Brain Fitness**  
**Thursday, July 2**  
**Thursday, August 20**  
**9:15 am**

Robin Zahor R.N., B.S.N. introduces a new evidence-based, innovative brain exercise program to help keep the mind sharp. She addresses many topics related to keeping the brain healthy and in tip top shape including brain games, living healthy and nutrition.

**White House**  
**Conference on Aging**  
**Monday, July 13**  
**9 am - Noon**

2015 marks the 50th anniversary of Medicare, Medicaid, and the Older Americans Act, as well as the 80th anniversary of Social Security. The 2015 White House Conference on Aging is an opportunity to recognize the importance of these key programs as well as to look ahead to the issues that will help shape the landscape for older Americans for the next decade.

Stop in the Fitness Center Lobby as we live stream the Conference from Washington, D.C.



**Morning Bingo**  
**Friday, July 31**  
**Friday, August 28**  
**10:30 am**  
**Cost: \$4**

Why not grab a friend (or make new ones when you get here!) and start lining up your lucky stars to join us for a fun morning of Bingo? The grand prize is generously provided by our friends at "**Heartlands Senior Living**".

**Genealogy**  
**Wednesday, July 8**  
**Wednesday, August 12**  
**10 am**

July Topic:  
**Death Certificates**

A death certificate is an official vital statistic mandated by law. Therefore, it is extremely accurate and yields a great deal of information. We will look at what makes up one of these records, what you can find out with them and where to get them.

August Topic:  
**The Breakthrough**

A breakthrough is a productive insight otherwise known as an *aha moment*. We will look at a case study to find out how the breakthrough came about and what it takes for you to have a breakthrough.

**Save the Date**  
**Friday, September 11**  
**11 am - 3:30 pm**

The Howard County Garden Club invites you to attend their small standard

**Flower Show and Sale**  
**"America is Beautiful"**

This event is open to the public and free of charge, if you wish to join us for lunch, you must purchase a lunch ticket.

Lunch tickets will be available on Monday, August 3rd for \$10.

**Seating is limited for the luncheon!**



# Classes, Clubs and Comments

## **Vocal Lessons with Diane**

**By Appointment:**

**\$30 per half hour session**

Looking to improve your pitch? Great vocal coach is seeking students. For information or to schedule your appointment, call the Front Desk at **410-313-1400**.

## **Piano Lessons with Diane**

**By Appointment:**

**\$30 per half hour session**

To start your lessons, set up an appointment by calling **410-313-1400**. The student is responsible for purchasing music books and materials. If you have any questions, call instructor Diane Waslick at **410-978-9974**.

## **Table Tennis**

**Mondays, Wednesdays, Fridays**

(Not available 7/3)

**1:15 - 4 pm**

Bring your paddle and get ready for some non-stop action. Great group of gamers keep the interaction lively.

**\*TEMPORARY TIME CHANGE\***

## **Seniors Together**

**Men's Forum**

**Thursdays 11:30 am - 1 pm**

Stop in for some great conversation as the Center's gentlemen discuss current issues.

**\*TEMPORARY\***

**\*LOCATION CHANGE\***

## **Painting Together Artists**

**Bain Center**

**Mondays, Tuesdays & Fridays 1 - 4 pm**

**Thursdays 9 - 12 pm**

Volunteers are needed to assist the Front Desk in both buildings.



Are you a "people person" who feels comfortable working around computers?

If so, see Gigi at the Front Desk for details.

## **Nutrition Education**

**Wednesday, July 22 at 9:30 am**

**Thursday, August 6 at 1 pm**

Rona Martiyan, Registered LDN, will discuss nutrition information and tips in our new Fitness Center. She will offer printed materials and is available for any nutrition questions. Stop in and meet Rona to get yourself on the fitness, wellness track.

## **Howard County**

### **Police Department**

**Thursday, July 23**

**Thursday, August 13**

**11:30 am**

**Pfc. Andre Lingham**, Senior Citizen Liaison, will be at the Fitness Center to discuss current safety tips and fraud prevention. This is a great way to find out local community concerns and scams.

## **Needlework Club**

**Wednesdays**

**1 - 3 pm**

(Not available 7/22 & 8/26)

Knitters, crocheters, fabric crafters and more come together to share their talents each week. Drop in on this young and fun group who happily share fellowship and friendly conversation.

**NOTE:** Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County Senior and 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

# Classes, Clubs & Comments

## ***Picture This***

**Tuesday July 21 & August 18**

**Between 11 am - 1 pm**

**30 minute appointments**

It's time to "develop" a better relationship with your camera! Do you have a digital camera that you find confusing or do you own a smart phone and haven't figured out how to take pictures with it? Sign up at the Front Desk for a free 30 minute appointment to get individual



help with your digital SLR camera or your smart phone. Bring whatever picture taking device you have with you to the appointment. Learn to take better photos in a "flash"!

## ***Food Matters***

**Thursdays**

**10:45 - 11:15 am**

Stop in the lobby as Jodi, our Nutrition Specialist, highlights the current trends in nutrition with a taste of it too! Be aware of your food choices and how they can impact your health and wellness.

**July 16**

Farmer's Market Finds

**August 20**

A Day at the Fair

## ***Open Bridge***

**Mondays & Fridays**

**12:30 - 3:30 pm**

(Not available 7/3)

Experienced bridge players always welcome!

## ***Kings & Queens Bridge***

**Wednesdays**

**9 am - 12 noon**

(Not available 7/8 & 8/12)

Call ahead to the Center to see if space is available for you and your partner.

## ***Tappin' with Jackie***

Learn to tap dance with Jackie Dunphy of the famous Howard County Golden Girls! This class is for all levels of dancers and is an excellent form of aerobic exercise. Men and women are welcome to join this instructional class. There will be an "end of class" recital on Friday October 30th at 12:30 pm. Why not bring a friend and share some tapping laughs together?



**Wednesday**

**1:30 pm**

**September 23 thru October 28**

6 classes for \$43

(A02422.501)

## ***Beyond Beginners Line Dancing***

Join a great group of dancers who will have you up movin' and groovin'! This line dancing class is designed for students who are familiar with basic line dancing. Come get fit the fun way!

**Thursday**

**3:30 pm**

**June 4 thru July 30**

(A02418.401)

9 classes for \$67

**September 10 thru December 3** **3:30 pm**

12 classes for \$89

(A02418.501)

## ***Book Club***

**Wednesday, July 22 at 1 pm**

The group will discuss "*The Lost Wife*" by Alyson Richman.

**Wednesday, August 26 at 1 pm**

The group will discuss "*Wolf Hall*" by Hilary Mantel.

## ***B Games***

**Mondays 10:30 - 11:30 am**

Drop in for an hour of some serious boisterous business! Each week features one of four activities bursting with fun. We've switched up the line-up, so be ready for either some brain or some brawny excitement!

**Baggo**

July 6 & August 3

**Brainbusters**

July 13 & August 10

**Wii Bowling**

July 20 & August 17

**Boggle**

July 27 & August 24



# Exercise Classes

Sign-up for any class at the Ellicott City 50+ Center Front Desk. Payment may be made in the form of cash, credit card, or check, payable to Howard County Director of Finance. You may register yourself and one other individual.

You may also register on-line using a credit card at <http://apm.activecommunities.com/howardcounty>.

**Registration for the September classes will begin Friday August 7, 2015.**

## ***Zumba Gold Toning***

Class combines targeted body sculpting exercises and cardio work with Latin infused Zumba moves. Students will learn how to use lightweight, maraca-like toning sticks to enhance rhythm and tone their bodies.

**Monday & Wednesday**

**June 1 thru July 29**

**8:45 am**

18 classes for \$95

(A02408.401)

## ***Chair Yoga***

Experience the benefits of yoga with the security of a chair! Increase strength, flexibility and balance through standing and seated postures. Yoga helps to relieve tension, improve breathing, and promotes an overall sense of well-being. No prior yoga experience needed. Bring a non-slip mat to place under your chair.

**Monday & Wednesday**

**September 9 thru December 9**

**10 am**

23 classes for \$97

(A02421.501)

(no class 9/16, 10/12, 11/2, 11/11)

## ***Morning Stretch***

Welcome the new day with greater flexibility. Class will improve muscle and joint flexibility, promote an increased fluidity of movement and includes a light cardio warm up and various stretches for the major muscle groups. Bring a mat and be ready to work standing as well as on the floor.

**Tuesday & Thursday**

**September 8 thru December**

**10 am**

27 classes for \$114

(A02423.501)

(no class 11/26)

## ***Qi Gong***

Experience a series of gentle movements synchronized with breathing to promote positive energy movement through your body. Enhance your immune function, calm your mind and improve your sleep!

**Thursday**

**June 4 thru July 30**

**10:30 am**

9 classes for \$52

(A02406.401)

**Friday**

**September 25 thru December 11**

**9:30 am**

10 classes for \$57

(A02406.501)

(no class 10/16 & 11/27)

## ***Circuit Training***

This circuit class combines an aerobic workout with weight training on Precor equipment. Take advantage of personal fitness instruction without the extra cost of a personal trainer. Class is conducted in the Equipment Room of the 50+ Fitness Center.

**Monday & Wednesday**

**September 9 thru December 9**

**8:30 am**

21 classes for \$111

(A02420.501)

(no class 9/16, 10/12, 11/2, 11/4, 11/9, 11/11)

## ***ECSC & Agewell Aerobics***

***Agewell done in partnership with  
Howard County General Hospital***

Learn basic cardio combinations, burn calories, increase cardiovascular endurance, build lean muscle tone and bone density. End each class with a dedicated portion to strength and stretches. September classes will be conducted in the Group Exercise Room of the 50+ Fitness Center.

**Monday & Wednesday**

**June 1 thru July 29**

**9:30 am**

18 classes for \$76

(A02400.401)

**September 9 thru December 9**

**11 am**

23 classes for \$50

(A02400.501)

(no class 9/16, 10/12, 11/2, 11/11)

**Tuesday & Thursday**

**June 2 thru July 30**

**10 am**

18 classes for \$76

(A02401.401)

**September 8 thru December 10**

**11 am**

27 classes for \$58

(A02401.501)

(no class 11/26)

**Tuesday & Thursday**

**June 2 thru July 30**

**11 am**

15 classes for \$33

(A02402.401)

**All classes are scheduled to run between  
45 and 55 minutes in duration.**

**Please check with your physician  
before participating in any physically  
demanding activity.**



# Exercise Classes

## ***ManPower***

Calling all men! Join this group strength training class designed specifically for men. Work on proper form and execution to improve body composition and increase lean muscle mass.

### **Friday**

**June 5 thru August 7** **10 am**  
8 classes for \$43 (no class 7/3) (A02416.401)

## ***All in One***

Get it **ALL IN** with just **ONE** class! Take in all the elements of fitness in one class; good cardio work-out, strength training, balance and flexibility. Bring a mat for floor work.

### **Friday**

**June 5 thru August 7** **11 am**  
8 classes for \$43 (no class 7/3) (A02415.401)

## ***Better Balance***

This is an effective program for those with chronic conditions impacting their balance or who feel unsteady on their feet. Pre-screening is required. Call Jen Lee at **410-313-5940** before registering.

### **Monday & Wednesday**

**June 6 thru July 29** **12 pm**  
18 classes for \$58 (A02413.401)  
**September 9 thru December 9** **12:30 pm**  
23 classes for \$73 (A02413.501)  
(no class 9/16, 10/12, 11/2, 11/11)

## ***ECSC & Agewell Seated Aerobics***

*Agewell done in partnership with  
Howard County General Hospital*

This seated aerobics class covers warm up and stretching exercises. It also includes the use of hand weights and improves your overall balance.

### **Tuesday & Thursday**

**June 2 thru July 30** **12:30 pm**  
18 classes for \$76 (A02403.401)  
**September 8 thru December 10** **12:30 pm**  
23 classes for \$50 (A02403.501)  
(no class 11/3, 11/5, 11/10, 11/12, 11/26)

## ***Exercise Essentials***

Master essential exercises to manage your arthritis. Learn gentle activities, both seated or standing, to increase joint flexibility, range of motion and strength. Proper techniques for exercising within your limitations will be taught so you can attain better fitness.

### **Tuesday & Thursday**

**June 2 thru July 30** **1:30 pm**  
18 classes for \$95 (A02404.401)  
**September 8 thru December 10** **1:30 pm**  
23 classes for \$97 (A02404.501)  
(no class 11/3, 11/5, 11/10, 11/12, 11/26)

## ***Balance "4" All***

Join one of our newest fitness offerings. This class combines a perfect blend of 4 components: balance, flexibility, posture and strength which together add up to safe and active living.

### **Tuesday & Thursday**

**June 2 thru July 30** **2:30 pm**  
18 classes for \$95 (A02405.401)  
**Monday & Wednesday**  
**September 9 thru December 9** **1:30 pm**  
21 classes for \$89 (A02405.501)  
(no class 9/16, 10/12, 11/2, 11/4, 11/9, 11/11)

## ***Zumba Gold®***

This class turns exciting international rhythms into a fun, safe and effective format for the active older adult or beginner.

### **Monday & Wednesday**

**June 1 thru July 29** **5:30 pm**  
18 classes for \$95 (A02411.401)

## ***Gentle Beginning Yoga***

This class is for the beginner who wants to build strength through gentle yoga stretches and strengthening exercises. Mat required.

### **Monday & Wednesday**

**June 1 thru July 29** **6:30 pm**  
18 classes for \$95 (A02412.401)

**Most exercise classes taught in the 50+ Fitness Center are not listed on these pages.  
To get a schedule of classes offered on the group pass at the Fitness Center,  
visit the Front Desk of either building or call the Fitness Center at 410-313-0727.**

# Temporary Fitness Center Schedule

## MONDAY

TIME	PROGRAM	ROOM
8:45 - 9:30 am	Zumba Gold Toning \$ (Mon/Wed)	Exercise
9 am - 4 pm	Piano & Voice \$	Workroom
9:30 - 10:15 am	ECSC Aerobics Class \$ (Mon/Wed)	Exercise
10:30 - 11:30 am	B Games (Baggo, Brainbusters, Bowling & Boggle)	Classroom
11 am - 12 noon	Ask the Pharmacist (check newsletter for dates)	Lobby
12 noon - 12:45 pm	Better Balance \$ (Mon/Wed)	Exercise
12:30 - 3:30 pm	Open Bridge	Classroom
1:15 - 4 pm	Table Tennis	Exercise
4:30 - 5:15 pm	Dance Classes \$ (Mon/Wed)	Exercise
5:30 - 6:15 pm	Zumba Gold Exercise \$ (Mon/Wed)	Exercise
6:30 - 7:15 pm	Gentle Beginning Yoga Class \$ (Mon/Wed)	Exercise

## TUESDAY

9 am - 12 noon	Mah Jongg	Classroom
9 am - 12 noon	Blood Pressure Screening	Workroom
9 - 9:45 am	Zumba Gold \$ (Tue/Thur)	Exercise
10 - 10:45 am	ECSC Aerobics Class \$ (Tue/Thur)	Exercise
11 am - 1 pm	Picture This (check newsletter for dates)	Lobby
11 - 11:45 am	ECSC Aerobics Class \$ (Tue/Thur)	Exercise
11:15 - 11:45 am	Officer Andre Lingham (check newsletter for dates)	Lobby
12:30 - 1:15 pm	ECSC Seated Aerobics Class \$ (Tue/Thur)	Exercise
12:30 - 4 pm	Piano & Voice \$	Workroom
1 - 4 pm	Drop-In Games (Pinochle, Trivial Pursuit, Train)	Classroom
1:30 - 2:15 pm	Exercise Essentials for Arthritis \$ (Tue/Thur)	Exercise
2:30 - 3:15 pm	Balance 4 All \$ (Tue/Thur)	Exercise

## WEDNESDAY

8:45 - 9:30 am	Zumba Gold Toning \$ (Mon/Wed)	Exercise
9 am - 12 noon	Kings & Queens Bridge (not available 7/8 & 8/12)	Classroom
9 - 12 noon	State Health Insurance Program (SHIP)	Workroom
9:30 - 10:15 am	ECSC Aerobics Class \$ (Mon/Wed)	Exercise
10 am - 12 noon	Genealogy (check newsletter for dates)	Classroom

***(All of the programs listed are currently being held in the new Fitness Center.)***

# Temporary Fitness Center Schedule

## WEDNESDAY - continued

TIME	PROGRAM	ROOM
12 noon - 12:45 pm	Better Balance \$ (Mon/Wed)	Exercise
12 noon - 4 pm	Piano & Voice \$	Workroom
1 - 2 pm	Book Club (4th Wednesday)	Classroom
1 - 3 pm	Needlework Club (not available 7/29 & 8/26)	Classroom
1:15 - 4 pm	Table Tennis	Exercise
4:30 - 5:15 pm	Dance Classes \$ (Mon/Wed)	Exercise
5:30 - 6:15 pm	Zumba Gold Exercise \$ (Mon/Wed)	Exercise
6:30 - 7:15 pm	Gentle Yoga Class \$ (Mon/Wed)	Exercise

## THURSDAY

9 - 9:45 am	Zumba Gold \$ (Tue/Thur)	Exercise
9 - 12 noon	Piano & Voice \$	Workroom
9:15 - 10:15 am	Brain Fitness (check newsletter for dates)	Classroom
10 - 10:45 am	ECSC Aerobics Class \$ (Tue/Thur)	Exercise
10:30 - 11:30 am	Qi Gong \$	Classroom
11:30 am - 1 pm	Seniors Together Men's Forum	Classroom
11 - 11:45 am	ECSC Aerobics Class \$ (Tue/Thur)	Exercise
12:30 - 1:15 pm	ECSC Seated Aerobics Class \$ (Tue/Thur)	Exercise
1 - 4 pm	State Health Insurance Program (SHIP)	Workroom
1 - 4 pm	Canasta	Classroom
1:30 - 2:15 pm	Exercise Essentials for Arthritis \$ (Tue/Thur)	Exercise
2:30 - 3:15 pm	Balance 4 All \$ (Tue/Thur)	Exercise
3:30 - 4:30 pm	Line Dancing \$	Exercise

## FRIDAY

8:30 am - 12 noon	Drop In Games (Pinochle, Trivial Pursuit, Train) (Except for Bingo at 10:30am-Noon on 7/31 & 8/28)	Classroom
9 am - 4 pm	Piano & Voice \$	Workroom
10:30 am - 12 noon	Bingo (check newsletter for dates)	Classroom
10 - 10:45 am	ManPower \$	Exercise
11 - 11:45 am	All in One \$	Exercise
12:30 - 3:30 pm	Open Bridge	Classroom
1:15 - 4 pm	Table Tennis	Exercise

***(All of the programs listed are currently being held in the new Fitness Center.)***

# Special Events & Notices

**Riding High with your Feet on the Ground!**

## SENIOR DAY AT THE FAIR

### Howard County Fair 2015

**FREE ADMISSION for ADULTS 62+**  
**Tuesday, August 11 • 10 am - 3 pm**

**VISIT THE ACTIVITIES BUILDING FOR FUN THINGS TO DO**  
 Entertainment and Exhibits • Healthy Aging Programs and Services  
 Bingo, Games and Prizes • Demonstrations

**DON'T MISS  
 SENIOR DAY  
 AT THE FAIR!**



**Howard County  
 OFFICE ON AGING**  
 Department of Citizen Services

For more information, call 410-313-6410 or visit [www.howardcountyyaging.org](http://www.howardcountyyaging.org).  
 To request accommodations to attend this event, call 410-313-5980 (voice/relay) one week in advance.

## Looking for Vendors

Book now for the

### 3rd Annual Holiday Craft Boutique

Wednesday,  
 December 2  
 10 am to 5 pm

To secure a  
 table, call  
 Vicki at  
 410-313-1421.



**PLEASE NOTE:** While the original building of the Center is under renovation, the Lunch Program is temporarily suspended.

We encourage you to participate in the Lunch Program at the Bain Center, Glenwood 50+ or Elkrige 50+ Center.

Our Lunch Program will resume once building renovations are complete.

## New for 2015! \$1 Admission Fee

All Proceeds Benefit the Vivian Reid Community Fund for Older Adults



Howard County Office on Aging

**Friday, October 16 • 9 AM - 4 PM**

Wilde Lake High School  
 5460 Trumpeter Road, Columbia, MD



410-313-6410 (VOICE/RELAY) ▲ [www.howardcountyyaging.org](http://www.howardcountyyaging.org)

**IMPORTANT NOTICE!** Attendees *must* use the **FREE COURTESY SHUTTLE** at The Mall in Columbia for **EVENT PARKING!** ONLY Accessible Parking On-Site



The **Vivian Reid Community Fund** provides emergency financial assistance to older adults and adults with disabilities in Howard County whose needs are essential and generally not covered by Medicare and Medical Assistance (i.e., utility bills; eviction prevention; eyeglasses; dental and medical expenses; and costs not covered by a prescription drug plan).

These funds can mean the difference between food and heat or rent and medications. Without the ongoing kindness donors have extended over the years, it would be impossible to adequately respond to the increasing requests the Office on Aging receives daily. Donations to the Reid Fund **qualify as deductible contributions** under Section 170 (c) (1) of the IRS Code.

## Adjusted Center Hours

Friday, July 3

**CLOSED** (Independence Day)

*Back  
 Soon*



# Ellicott City 50+ Fitness Center

9411 Frederick Road  
Ellicott City, MD 21042  
Fitness Center Front Desk:  
410-313-0727

## Lobby Hours:

**Monday & Wednesday**  
8:30 am-7:30 pm  
**Tuesday, Thursday & Friday**  
8:30 am-4 pm

## **Fitness** **Equipment Room**

### **Introductory Rate** **Monthly Pass**

County Resident \$10  
Non-Resident \$15  
Daily Drop-In Fee \$5

- All participants must be 50 years of age and a member of a Howard County Senior Center to be eligible to use the facility.
- Refunds are not provided.
- Passes are established from date of pass purchase.
- While the Introductory Rate is in effect Ellicott City 50+ Fitness Center will operate independently of other County Fitness Rooms. During this time, passes will not be interchangeable at Roger Carter, North Laurel or Gary J. Arthur Community Centers.
- The Office on Aging recommends that you check with your physician before participating in any physically demanding activity.

# Get Active, Stay Active!

Welcome to the Ellicott City 50+ Fitness Center, the newest facility for the Office on Aging. We are currently offering a monthly Introductory Rate for our Equipment Room which provides you access during posted open hours. If you need additional information or have any questions, please visit the 50+ Fitness Center Front Desk.

**Key Fobs:** To access the Fitness Equipment Room, you must first check in at the Front Desk. Your pass will be scanned and held at the desk while you work out. You will be given a key fob which will allow you access into the room. Key fobs MUST be returned before you leave the Fitness Center or you will be charged a \$10 replacement fee.

**Daily Use Lockers:** To use the lockers, place a quarter in the slot on the inside door of the locker and the key will remove from the outer door of the locker. When the key is put back into place, your quarter is returned. Lockers must be emptied daily. Any items left overnight will be immediately discarded.

**20 Minute Limit:** During busy hours, please limit your time to 20 minutes each on the treadmill, elliptical, bike or SciFit. This courtesy gives everyone a chance to get in a good work-out.

**Wipe Down Equipment:** Think hygiene! Please use the gym wipes to clean the equipment after your use.

**Work Out Log:** Chart your workouts using the logs that are available in the cart by the Equipment Room door. Please use both sides of the card before starting a new one.

**Open Containers:** All beverages consumed in the Exercise and Equipment Rooms must be in a closed container. NO OPEN CUPS permitted.

## Fitness Equipment Room Schedule

Day	Time/Program		
<b>Monday</b>	Circuit Training Class 8:30-9:30am (\$) Date: TBD	<b>Open: 9:30am-7:30pm</b> Open at 8:30am when Circuit is not in session	Equipment Orientation as scheduled.
<b>Tuesday</b>	<b>Open: 8:30am-4pm</b>		Equipment Orientation as scheduled.
<b>Wednesday</b>	Circuit Training Class 8:30-9:30am (\$) Date: TBD	<b>Open: 9:30am-7:30pm</b> Open at 8:30am when Circuit is not in session	Equipment Orientation as scheduled.
<b>Thursday</b>	<b>Open: 8:30am-4pm</b>		Equipment Orientation as scheduled.
<b>Friday</b>	<b>Open: 8:30am-4pm</b>		Equipment Orientation as scheduled.

# Equipment Orientation Information

If you are interested in learning how to use the fitness equipment, sign up for a free, small group orientation. Orientation dates and times are listed below. Orientations will last approximately an hour, but **prior sign-up is required**. Each session is limited to no more than 5 participants. Please see the Front Desk to secure your spot today.



Tuesday April 14 = 12 noon, 1 pm & 2 pm

Thursday April 16 = 12 noon, 1 pm & 2 pm

Monday April 20 = 9 am, 10 am & 11 am

Wednesday April 22 = 9 am, 10 am & 11 am

Monday April 27 = 9 am, 10 am & 11 am

Friday May 1 = 12 noon, 1 pm & 2 pm

Monday May 4 = 4:30 pm, 5:30 pm & 6:30 pm

Friday May 8 = 12 noon, 1 pm & 2 pm

Monday May 18 = 4:30 pm, 5:30 pm & 6:30 pm

Friday May 22 = 12 noon, 1 pm & 2 pm

Friday May 29 = 12 noon, 1 pm & 2 pm

Friday June 5 = 12 noon, 1 pm & 2 pm

Friday June 12 = 12 noon, 1 pm & 2 pm

Friday June 19 = 9 am, 10 am & 11 am

Monday June 22 = 12 noon, 1 pm & 2 pm

Monday June 29 = 4:30 pm, 5:30 pm & 6:30 pm

Friday July 10 = 9 am, 10 am & 11 am

Monday July 20 = 4:30 pm, 5:30 pm & 6:30 pm

Friday July 31 = 12 noon, 1 pm & 2 pm

## Please Note:

All spring and summer exercise classes will take place in the Fitness Center Group Exercise Room.

Registration for Summer Exercise Classes begins on Friday, May 8 at 8:30 am for walk-in students and 10 am for on-line and phone-in registrations. Each person registering may register them self and one other individual.

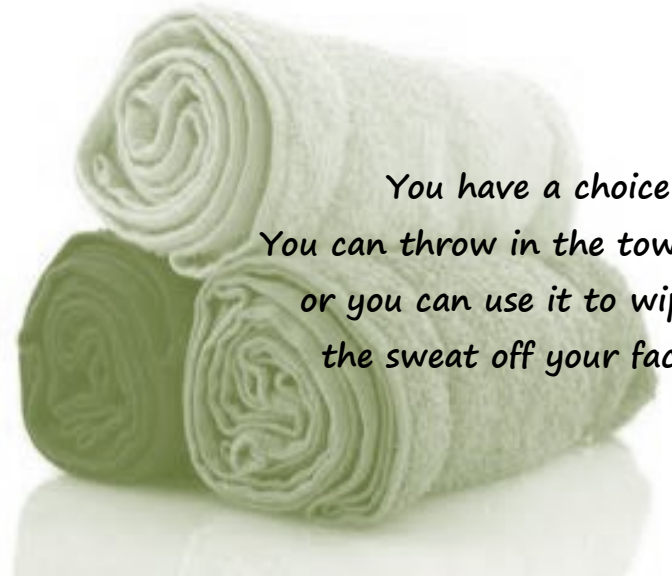
Permanent room/building assignments for each exercise class will not be determined until both buildings are open and fully operational.

All classes are scheduled to run between 45 and 55 minutes in duration.

Always wear comfortable clothing and appropriate footwear. Mats are not provided.

For information on the spring or summer class schedule, see the Center Newsletter or current exercise tri-fold.

If you have any questions about any of the exercise classes offered at ECSC, please see a member of the Center staff.



*You have a choice....  
You can throw in the towel  
or you can use it to wipe  
the sweat off your face!*